

APRIL 2015



FIFTY PLUS

Lynchburg Parks and Recreation ~ 434-455-5858 ~ www.lynchburgva.gov/parksandrec

\$ Advance payment required for registration. ☎ Advance registration, call 455-4115 or number listed with activity. Payment, if required, accepted onsite. Evening/ weekend activities & times listed in "PURPLE" throughout the newsletter. City of Lynchburg Residents...Look for the "LR" symbol to find your discounted fee.

TEMPLETON SENIOR CENTER (TSC) 225 Wigginton Road - 455-4115

\$ AARP Smart Driver Class

This eight-hour newly updated driving refresher course, geared to the older driver, develops skills to enhance performance and safety. Check with your agent about a rate reduction! \$15.00 AARP members, \$20.00 non-members. Payable on site to AARP. Register by 4/27.
74001.140
W Th 4/29 & 4/30 9:00am-1:00pm

AARP Tax Aide

IRS trained volunteers are on hand to help you complete your tax return. This free, electronic filing service is available now through April 15, 9:00 am -12:30 pm, Mondays, Wednesdays, and Saturdays. Bring all pertinent papers, forms, social security card and your photo ID.
M W S 3/2-4/15 9:00am-12:30pm

\$ Beading with Jamie

Create a beautiful cluster necklace using drop beads. All supplies furnished.

Instructor: Jamie Carlund
Register and pay by 4/10.
Fee: \$10.00
74404.140
Tu 4/14 6:30pm-8:00pm

Container Gardening

Master Gardener, Roslyn Cheagle will share information on growing herbs and vegetables in containers. Discover how you can have fresh vegetables even in a small space.
W 4/22 10:30am-11:30am

Country Cottage Garden

Join Master Gardener, Susan Timmons, as she shares her very own country cottage garden located in Forest. Enjoy a walk through a rustic, whimsical, random and mostly "do it yourself" oasis.
73003.140
Tu 4/28 10:30am-11:30am

Diabetes: Know the Facts

Are you at risk? Learn more about diabetes as Juanita Daugherty, Diabetic Educator from Centra, shares important facts on diet, exercise, disease prevention and living with diabetes.
73003.141
Tu 4/21 10:30am-11:30am

Learn About Orchids

Orchids have a magical beauty, with incredible colors, shapes, and scents. Learn more about these beauties as Dee Gresham shares her love of orchids and a few basic tips for orchid care. Feel free to bring your plant for the audience to see.
73003.144
Tu 4/14 10:30am-11:30am

\$ Garden Salads Luncheon

Enjoy a variety of tasty salads including tuna, fruit and vegetables along with a roll, drink and dessert. Register and pay for lunch by 4/24.
Fee: \$4.00
73000.140
Tu 4/28 11:30am -12:30pm



\$ Mahjong Fun Day

Enjoy a full day of mahjong as you challenge your friends in this ancient Chinese tile game. Newcomers are encouraged. Door prizes and lunch provided. Come by and play on Thursdays from 9:30-12:30 and practice up for the big day! Register and pay by 4/21.
Fee: \$10.00
73000.140
Th 4/23 9:00am-3:00pm

\$ Mixed Media: Pen, Ink and Watercolor

This multimedia class will bring in elements of drawing, design, and layering with watercolor to explore different forms of artistic expression. Students should supply their own pens and ink.
Instructor: Linda Duff
Register and pay by 4/10.
Fee: \$50.00 LR: \$35.00
74405.140
M 4/13-5/4 6:30pm-8:30pm

2015 ANNUAL CONFERENCE ON AGING - *Aging Well in Mind, Body & Spirit*

Tuesday, June 2 8:30am – 4:45pm  Lynchburg College, 1501 Lakeside Drive

Early registration deadline, May 1st. Final deadline May 15th. Call 544-8456 or go to www.lynchburg.edu/beard for more information.

\$ Oil Painting Express

Learn to mix colors and incorporate basic design elements as you paint a beautiful scene "Along a Garden Path". Students should bring their 11" x 14" canvas and brushes.

Instructor: Betty Leary

Register and pay by 4/17.

Fee: \$45.00 LR: \$30.00

74400.140

Tu 4/21 1:00pm-4:00pm

Planting Your Vegetable Garden

Master Gardener, John Casler, will share information on soil preparation, choice of plant varieties, vegetables that grow well in Central Virginia, as well as weed and pest control. Get the season off to a great start and you'll be enjoying fresh produce in no time!

W 4/29 10:30am-11:30am

RIDDLE ON THE HARP CONCERT

Enjoy a variety of celtic and traditional music performed by three multi-talented women from Bedford County. Riddle's instruments include guitar, flute, hammered dulcimer, celtic harp, psaltery, violin and bodhran, just for starters!

Riddle's diverse repertoire includes lively reels and jigs, international folk music, ballads, Americana songs, traditional and classical tunes, original pieces, hymns, and children's songs. **Free event**

Th 4/2 10:30am-11:30am

\$ Sculpt and Tone Exercise Class

This twice-weekly exercise class opens with a cardio workout then focuses on trimming and toning using weights, bands, mats and steps.

Register and pay by first class.

Instructor: Mary Harris

Fee: \$36.00 LR: \$24.00

74209.140

Tu Th 4/2-4/30 6:00pm-7:00pm

Video Chair Exercise Class - FREE

Get fit and have fun exercising. It's a great exercise program you can do right from your chair! Monday exercise class resumes on 4/20.

Tu Th F 4/2-4/30 9:30am-10:15am

\$ Yoga

This self-paced class combines stretching, breathing, and holding postures.

Instructor: Debbie Ladd

Register monthly by the first class.

Fee: \$36.00 LR: \$24.00

74203.140

Tu 4/7-4/28 8:15am-9:05am

\$ Zumba at Noon

A total workout, combining great elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and fun in every class!

Register and pay by first class.

Instructor: Gulshan Ari

Fee: \$36.00 LR: \$24.00

74205.140

Tu Th 4/2-4/30 12:00pm-12:45pm

\$ Zumba PM

Experience an exhilarating cardio and toning workout, with easy to follow dance moves using Latin inspired music. Instructor: Kirstin Eubank

Register and pay by first class.

Fee: \$36.00 LR: \$24.00

74208.140

M W 4/1-4/29 5:00pm-5:45pm

Special Interest at TSC

Canasta

Have fun and challenge your brain as you play this popular card game. New players and beginners are welcome.

F 4/3-4/24 9:30am-12:30pm

Current Issues & Events

Join this interactive group as they discuss hot topics in the news.

W 4/8 & 4/22 10:30am-11:30am

Literature for Life

Explore a variety of American Literature and poetry. New comers are welcome.

Th 4/9 10:30am-12:00pm

Mahjong

Enjoy this Chinese tile game of luck, strategy, and skill. Played similarly to Gin Rummy, it's a great way to engage your brain. Beginners welcome.

Th 4/2-4/30 9:30am-12:30pm

Social Bridge

Bring your foursome and enjoy time with friends as you play, learn and improve your game.

Tu Th 4/2-4/30 9:30am-11:30am

FAIRVIEW CENTER (FC)

3621 Campbell Ave. - 847-1751

\$ Arts & Crafts with Betty: Brick Doorstop

Create and design a brick doorstop for your home. Enjoy making this simple yet beautiful project to give to a friend or family member.

Instructor: Betty Leary

Register by 4/20. Fee: \$10.00

63600.142

F 4/24 10:00am-11:30am

Bingo

Enjoy a morning of Bingo fun! Bring two, new, unwrapped gifts to be used as prizes.

W 4/22 10:30am-11:30am

\$ Ceramics Club

Select your own project. Check with Jamey for pieces and pricing.

Register monthly. Club Fee: \$5.00

W F 4/1-4/29 9:30am-11:30am

\$ Fairview Fitness

Enjoy low impact, self-paced classes with a fast, upbeat routine that helps trim and tone. Instructor: Jan Baker
Register and pay by the first class.
Fee: \$36.00 LR: \$24.00
63303.140
M W F 4/1-4/29 11:30am-12:20pm



Knitting Group

Are you interested in knitting? Join fellow knitters in this fun, social knitting group that meets the 3rd Wednesday of every month. Bring your new or current project.
Call Jamey at Fairview 847-1751 for more information.
W 4/15 10:00am-12:00pm

\$ Lunch and Learn: History of City Market

The Lynchburg City Market has a rich history and is now home to many local crafters and eateries. Come learn more about this local landmark from Whitney Roberts, an educator with the Lynchburg Museum. Lunch will consist of sub sandwich and chips.
Register and pay for lunch by 4/24.
Fee: \$5.00
63400.140
W 4/29 11:00am-12:00pm

\$ Pottery: Coffee Mug

Mold and create your own coffee mug using a slab of clay. Paint and add the color of your choice the second week. Keep an eye out for future pottery classes at the Art Studio at Jackson Heights to add more mugs to your collection.
Register and pay by 3/30.
Fee: \$8.00
63600.140
F 4/3 & 4/10 10:30am-11:30am

\$ Spring Deco Wreath

Deco Wreaths are the most popular fabric wreath used today! Learn how

to make a spring-themed curly deco-meshed wreath using chenille stems and deco mesh.

Register and pay by 3/27.

Fee: \$40.00 LR: \$25.00

63600.141

W 4/1

6:30pm-8:00pm

Special Interest at FC

Billiards

Two tables are available for recreational billiards.

M W F 4/1-4/29 9:30am-1:00pm

\$ Line Dance

Interested in line dancing for fun?

Join this group of dancers any

Wednesday and enjoy an energizing morning.

Fee: \$1.00/class.

Pay on site.

W 4/1-4/29 10:30am-11:20am

Social Bridge

Do you enjoy playing bridge and making new friends? Come join the fun at the Fairview Center.

M 4/6-4/27 10:00am-11:30am

ART STUDIO AT

JACKSON HEIGHTS

3621 Campbell Ave. - 847-1751

\$ Mosaic Birdbath

Using two terra-cotta pots and saucer, create a mosaic birdbath using a pattern, grout, and stained glass pieces. This unique conversation starter will adorn your yard for years.

Register and pay by 1/14.

Fee: \$105.00 LR: \$90.00

63600.143

Tu 4/14-6/2

6:30pm-8:30pm

MILLER CENTER (MC)

301 Grove Street -455-5858

\$ Introduction to Painting

Great painting foundations are learned and how to mix colors with multiple paint types such as watercolor, acrylic, and oil. Design principles, techniques, and some fun facts from art history are all included in this six-week course designed for beginner to intermediate level painters. See receipt notes for supply list upon registration.

Register and pay by 4/6.

Fee: \$50.00 LR: \$35.00

23002.141

Tu 4/7-4/30

6:30pm-8:00pm

Coming in May at MC

\$ Beginning Tap Dance Class

Interested in learning about Tap dance? Join fellow beginner tappers in this beginner class that will teach you basic tap steps, as well as a few tap combinations. Get your heart rate up and feet moving in this fun class.

Register and pay by 5/1.

Instructor: Jamey Love

Fee \$23.00 LR: \$35.00

27002.211

Tu 5/5-6/9

2:00pm-3:00pm



\$ Intermediate Tap Dance Class

Tap into better health as you polish up the knowledge of basic tap steps and add more tap combinations. Get your heart rate up and feet moving in this fun class.

Register and pay by 5/1.

Instructor: Jamey Love

Fee \$23.00 LR: \$35.00

27002.210

Tu 5/5-6/9

1:00pm-2:00pm

Older Americans Month Celebration

"Get into the Act," honors the upcoming 50th anniversary of the Older Americans Act (OAA). This year's theme is focused on how older adults are taking charge of their health, getting engaged in their communities, and making a positive impact in the lives of others." Visit the newly renovated **Miller Center** as you enjoy a day of facts, food and fun. Learn more about what Parks and Recreation has to offer, hear about the new levels of service available through the Central Virginia Alliance for Community Living in their "Community Conversation", be entertained by local talent, try your hand at outdoor games and enjoy a free cook out, served in the pavilion at Miller Park.

Register for lunch by 5/5.
Call 455-4115.

Th 5/7 10:30am-1:30pm

OTHER LOCATIONS

\$ Bowling

Enjoy weekly recreational bowling without the cost and commitment of league attendance and play.

Game Fee: \$1.25/game plus tax
Fort Hill Bowling Center,
6015 Fort Ave.

Tu 4/7-4/28 1:00pm-3:00pm

\$ Fifty-Plus Pickleball

Discover the fun of Pickleball! It's a great racquet sport, which combines the elements of badminton, tennis, and table tennis and gives you opportunity to stay fit and have fun. The speed of the ball and the size of the court make this an ideal game for the 50+ crowd.

Register and pay monthly by the first day of play. Staff: Marsha Berry
Fee: \$10.00

Pleasant View Baptist Church,



19278 Forest Road
73703.140

Th 4/2-4/30 2:00pm-5:00pm

Fifty Plus Putt Putt

Enjoy Miniature Golf each Monday morning. Adults only please. \$3.00/two games. No registration required.

Putt-Putt Fun Center,
8105 Timberlake Road
M 4/13-4/27 10:00am-12:00pm

\$ Fifty-Plus Softball

Coed games are focused on fun, fitness and friendly competition. Come on out and enjoy a great game. All skill levels welcome. Register and pay monthly by the first day of play. Staff: Lynn Fox
Fee: \$10.00

Peaks View Park, Field # 1
W & F 4/1-4/29 10:00am-12:00pm

Golden Gourmet @ Red Lobster

Bring a friend, or make new ones, while enjoying local food and having a laugh or two. Bring along a humorous story or joke to share.

Meet at Red Lobster,
3425 Chandler's Mountain Rd.
Register by 4/22. **Call 455-4115.**
73700.140

F 4/24 11:30am-1:30pm

New Chapter Book Group

Under the Tuscan Sun
Frances Mayes—widely published poet, gourmet cook, and travel writer—opens the door to a wondrous new world when she buys and restores an abandoned villa in the spectacular Tuscan countryside. In evocative language, she brings the reader along as she discovers the beauty and simplicity of life in Italy.

Mayes also creates dozens of delicious seasonal recipes all of which she includes in the book. Meet at: The Drowsy Poet,
Givens Book Store, 2236 Lakeside Dr.
M 4/27 10:00am-11:30am

Newsletters are available for pick-up at the following locations:

- Lynchburg Community Market
- Lynchburg Public Libraries
- City Hall
- Parks & Rec. Office & Centers
- Lynchburg Visitor's Center
- Central VA Area Agency on Aging
- Beard Center on Aging, Lynchburg College
- Walgreens Pharmacy, Wards Rd.
- Forest Library
- Various doctor's offices



**LYNCHBURG
PARKS & REC**

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Fairview Center

Lynchburg Parks & Recreation Department complies with the Americans with Disabilities Act for qualified individuals. If reasonable accommodation is needed, please tell us upon registering and at least 10 days prior to the class or event.